

Potato Corn Chowder

Makes: 6 Servings

Use process American cheese in soups such as this chowder, and in casseroles or breads.

Ingredients

- 1/2 cup** process American cheese (cut into pieces)
- 1 tablespoon** margarine
- 1** onion (chopped)
- 1 can** low-sodium potatoes (drained and chopped, about 15 ounces)
- 1 can** low-sodium corn (drained, about 15 ounces, or 1 can of low-sodium cream-style corn, about 15 ounces)
- 1 teaspoon** black pepper
- 1 can** evaporated milk (about 12 ounces)
- 3 tablespoons** flour
- 3/4 cup** water

Directions

1. In a medium-size pot over medium heat, cook the onion and potatoes until soft.
2. Add the corn, pepper, and milk and stir well.
3. In a separate bowl, mix together the flour and water (mixture will be thick).
4. Pour flour mixture into pot, stirring well. Add the cheese.
5. Cook over low heat for 20 minutes or until thick.

Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	10 g
Saturated Fat	5 g
Cholesterol	30 mg
Sodium	398 mg
Total Carbohydrate	37 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	227 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook